



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

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Matthias Kröling

□□: LG Ultralauf  
□□: 1032

□□: 160.00 km  
100 Meilen

□□□□:  
Senioren M30 (30-34) M

□□□: 21:19:54

□□: 7.50 km/h  
□□□□: 7:59 min/km

□□□□□/□□□□: 16 (of 70)

□□□□□/□: 16 (of 63)

□□□□□□: 17:03:47

□□□□□: 1(of 1)

□□□□□□□: 21:19:54

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg       | 42.00    | 5:00:33  | 7:09         | 1       | -       | 31      | 1:24:58 | 42.00  | 5:00:33   | 7:09      | 1             | -       | 31      | 1:24:58 |         |
| Sondra           | 28.00    | 4:09:50  | 8:55         | 1       | -       | 17      | 49:15   | 70.00  | 9:10:23   | 7:51      | 1             | -       | 24      | 2:12:48 |         |
| Glasbachwiese    | 17.00    | 2:42:04  | 9:31         | 1       | -       | 21      | 43:39   | 87.00  | 11:52:27  | 8:11      | 1             | -       | 23      | 2:43:09 |         |
| Floh-Seligenthal | 27.00    | 3:18:46  | 7:21         | 1       | -       | 9       | 33:44   | 114.00 | 15:11:13  | 7:59      | 1             | -       | 18      | 3:01:36 |         |
| Finsterbergen    | 24.00    | 2:57:02  | 7:22         | 1       | -       | 8       | 35:21   | 138.00 | 18:08:15  | 7:53      | 1             | -       | 17      | 3:21:50 |         |
| Fröttstädt       | 22.00    | 3:11:39  | 8:42         | 1       | -       | 14      | 3:11:39 | 160.00 | 21:19:54  | 7:59      | 1             | -       | 16      | 4:16:07 |         |